



NORD-BRIDGE SENIORS

NEWSLETTER

February 2012



2011-2012 NORD-BRIDGE SENIORS

	<u>Executive</u>
President	Harry Fischer
Vice-President	Jim Hahn
Treasurer	Roberta Svennes
Secretary	Linda Liptak
Past-President	Clay Olsen

	<u>BOARD OF DIRECTORS</u>	
<u>First Year</u>	<u>Second Year</u>	<u>Third Year</u>
Eva Deringer	Gordon Kometz	Mike Bennett
Pat Santa	Elaine Molyneux	Helen Gepneris
Hal Osborn	Donna Takeda	Pat Kincade

	<u>ADMINISTRATIVE STAFF</u>
Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski (Wed, Thur, Fri)
Administrative Assistant	Shirley Trefan (Mon, Tues, Wed)
Financial Officer	Roberta Svennes
Financial Assistant	Bob Bunn (Volunteer)
Bookkeeper	Tracy Beauchemin
Seniors Programmer Rec., Health, Education	David Ng
Reception Supervisor	Valerie Arkininstall
Rentals	Kathleen Filkowski / Shirley Trefan
Food Services Coordinator	Bonnie Jadeske
Kitchen Asst. / DR Cashier	Gail Krysak
Janitorial	Marco & Carla Escobar (Skyview Window Cleaning & Bldg. Mtce.)

ON-SITE PARTNER PROGRAMS & SERVICES

Alberta Seniors	Norene Easthope	403-381-5469 or 1-877-644-9992
FSNA	Allyn Mills	403-328-0801
Leth. Community Network (Public Computers Supply & Maintenance)	Jim Campbell	403-317-7799

PROGRAMS, COMMITTEES, CONVENERS, & BOARD REPRESENTATIVES*

(* indicates individual on Board responsible for Program Area)

ADMIN. PROGRAMS

By-Laws & Policies Comm.	Linda Liptak * (Chair), Harry Fischer, Gordon Kometz
Crafts Boutique	Heather Newsham, Bob Bunn (Financial)
Finance Committee	Roberta Svennes * (Chair), Jim Hahn, Phil Story, Clay Olsen, Frank Deane, Harry Fischer, Mike Bennett
Memberships	Shirley Trefan
Newsletter	Kathy Filkowski (Production), Bob Bunn (Sales)
Nominations Committee	Dan Deringer (Chair), Mary Potvin, Clay Olsen*

CARDS & BOARD GAMES

Contract Bridge	Mike Bennett*, Board Rep
Crib	Kathy Ludwig
Eucre	Mike Bennett, Vi Segouin
Military Whist	Rodney Foster
Trump Whist	Ruth Balogh
Scrabble	Marilyn Saunders
Texas Hold'em	Jennie Oleksy/Sheila Brust Butch Olsen

EDUCATION

Oil Painting	Pat Kincade*, Board Rep
Paper Tole	Yosh Hattori
Wood Carving	Hazel Harvie
Watercolor	Don Johnson
Ukrainian Easter Eggs	Glenice Caffyn
Watercolor Club	Berniece Pavan
Knitters Koffee Klub	Sandy Baceda, Bea Crawford Jo-Ann Adams, Anette Vogl

Quilters Group
New To You Greeting Cards
Genealogy
Computer Training
Library
Mind Joggers

FUNDRAISING

GAMING
Casino Coordinator
In-House Bingo Coordinators

Monday Jam Draws
Winners Bingo Rep/Co-ord
Winners Bingo Alternate

HEALTH & FITNESS

Keep Fit Classes
Chi Kung
Yoga/Pilates
Fitball/Exercise With Arthritis
Fitness 55 Club

OUTREACH

Bereavement Cards
Get Well Cards & Visits
Keep-in-Touch Program
Outreach Program

SOCIAL ACTIVITIES

Decorations
Monday Music Jams
Senior Music Makers
Socials Committee & Specials
Social Dance
Clogging
Line Dancing A.M./P.M.
Handbells

SPORTS & RECREATION

Bocce
Carpet Bowling
Darts
Dragon Boat Team
Floor Curling
Golf
Pool
Shuffleboard
Table Tennis
Tournament Awards Luncheon

TRAVEL

Travel Trip Bookings
Bus Bookings
Driver Co-ordination – Travel Trips
Driver Co-ordination – Card Trips
Vehicle (Bus 2) Maintenance

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee Chair
Volunteer Committee Assistant

AFFILIATIONS

ACA Representative
ASCSRA
Economic Development Leth
Health Education Presentations
Lethbridge Seniors Forum
N-B/FSNA Income Tax Program
SASCC (Srs. Centre Coalition)

Go Seniors Society

Marilyn Martens
Pat Kincade
Lethbridge Family History Centre
Lethbridge Community Network
Pauline Rapson
Nadia Campbell, Jack Simmons,
Ted Sillito

Jim Hahn*, Board Rep

Pat Santa*, Board Rep

Mary Insley
Shirley Cavanaugh & Frances
Wallace

Helen Gepneris, Blaine Hyggen
Bonnie Hammond
Leonard Hutchinson

Elaine Molyneux*, Board Rep

Urszula Hebert, Nancy Berlando
Nancy Berlando
Urszula Hebert
T. J. Dunn

Jim Scott (Volunteer Trainer)

Donna Takeda*, Board Rep

Valerie Arkininstall
Lydia Prokop
Valerie Arkininstall
Mary Potvin

Eva Deringer*, Board Rep

Eva Deringer
Doug Youngren
Barbara Stewart
Eva Deringer
Karen Hooper
Sandy Nowell
Della Howg/June Dash
Lucy Graham

Helen Gepneris*, Board Rep

Clay Olsen
Vacant

Ken Bobinec
Eileen Sawatsky

Vacant
Harry Fischer

Vacant
Clay Olsen

Jerry Mikusek, Dave Bergen
Dan Deringer

Hal Osborn*, Board Rep

Valerie Arkininstall
Kathy Filkowski, Shirley Trefan

Valerie Arkininstall
Mike Bennett

Vacant
Jim Hahn*, Board Rep

Clay Olsen, Harry Fischer

Elaine Molyneux

Vacant
Clay Olsen*, Board Rep

Harry Fischer, Mike Bennett
Clay Olsen, Ron Kincade

Clay Olsen
David Ng (and Alberta Health Svc)

David Ng

David Ng, Allyn Mills

Clay Olsen, Roberta Svennes,
Harry Fischer, Randy Smith

Bob Bunn, Ash Adams

View our Website

www.nordbridgeseniors.com

for information, photos, video, Newsletters and more.

MEMBERSHIP: OPEN TO ALL SENIORS AGE 55 PLUS. **ASSOCIATE MEMBERSHIP:** TO YOUNGER INDIVIDUALS WHOSE SPOUSE IS 55 AND A MEMBER.

PRESIDENT'S REPORT

Happy belated **New Year**. Sandy and I were in the Far East over the holidays and got back in the middle of January. We visited Jakarta, Bali, Jojakarta and Vietnam. It was a trip to remember for the rest of our lives; and better yet we visited with our son, daughter-in-law and grandkids.



Our Annual General Meeting (March 7th) is fast approaching and we are still in need of nominations for our Board, Secretary, Treasurer, Vice President and President. Regrettably, my term is finished in March. PLEASE consider coming on Board. It is not very time consuming but it is very rewarding.

Don't forget to attend the "Old Folk Favourites" (3) at the Yates Theatre on Friday, Feb. 17th and Saturday, Feb. 18th. It is a wonderful musical program featuring such favourites as; Blowin in the Wind, California Dreaming, 59 St. Bridge Song, I Feel the Earth Move, Landslide, You've Got a Friend, For What it's Worth and many more! This is an important fund raiser for our Centre so please try to attend. They are offering a Friday matinee and on Saturday, a matinee and evening show.

Peter Caldwell
Susan Caldwell
Patrick Barry
Carol Barry
Sandra Nowee
Edward Nowee
Marion Jensen
Fred Bobinec
Gertrude Weitz
Wilf Weitz
Carly Stewart
Lillian Wright
Harry Wright
Ray St. Onge
Irene Clark
Kelly Flynn
Jack Kinahan
Shirley Pisko
Janine Klys
Sharon McDermid
Margaret Bering
Carol King
Mabel Harrold
Gerald Schwartz
Reginald Arnold
Gordon Matthews



Beth Berkhoff
Andrew Mikula
John Chiste
Maxine Holmes
Dean Holmes
Maureen Gow
Clarence Tell
Stanley Herbst
Katharina Herbst
Gordon Zacher
Nola Handsaeme
Denise Savard
Dora Poch
Helen DeJager
John McGee
John Govenlock
Kathy Govenlock
Joan Veldhuis
Bernadette Heck-Veres
Christine Curteanu
Teresa Jones
Lou Anne Matlock
Adriana Chiste
Mildred Shewchuk
Rick Shewchuk
Peggy Rodzinyak

*We hope you will enjoy your association with Nord-Bridge!
"THE FRIENDLY CENTRE"*

Nord-Bridge Meetings Reminder

Each Month

Outreach Committee	First Monday	9:30 a.m.
Winners Bingo Committee	Second Tuesday	9:00 a.m.
Board of Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Thursday	9:00 a.m.
Executive Meeting	First Wednesday	9:30 a.m.

Annually

Annual General Meeting	First Wed of March	9:30 a.m.
General Member Meeting	First Wed of November	9:30 a.m.

Go Seniors Society

Regular Board Meetings

Feb., April, June, October	Second Tuesday	9:00 a.m.
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Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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PLEASE DONATE YOUR USED GREETING CARDS...We need all kinds; Special Occasions, Holidays, Birthdays, Get Well, etc. We can use any kind. Your donations will be accepted at our "Craft Boutique" and will be recycled into new and unique projects by our "Clever Crafters".

Thanks! Pat Kincade



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EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

The first few months of any year are very busy here at Nord-Bridge in terms of membership, budgeting, reporting, AGM preparations, and other annual administrative considerations. Add to that visits of politicians and political campaigns, along with special events, and an entire month is history. This year has been no exception to that rule; in fact we seem even busier than usual. That's a good thing that attests to our commitment to grow and change in-step with our community.

Recently we added two staff members to our kitchen team: Margaret Fleming and Sally Reyna. Margaret has been a member since 2010, while Sally comes to us from Mexico. Both of these ladies bring us unique talents and sunny dispositions. We welcome them and wish them success in their new endeavours. We ask you to also give them a "Friendly" Nord-Bridge greeting.

I want to offer a special "Thank You" to Lois Cicman and Helen Ruston who have been keeping our Library in order while Pauline Rapson our long time librarian has been under the weather. We wish Pauline a speedy recovery. I encourage everyone to check out the Library frequently. We have quite a good selection which is always changing and growing thanks to everyone who donates books.

Nominations for our Board close at 4:30 on Mon., Feb. 13th. Please give consideration to putting your name up for election. The commitment is not too onerous and we would appreciate the skills and wise experience you could bring to us.



8-ENDER

Congratulations to **Woody Neely, Floyd Irwin, Vic Boychuk & Dermey Copeland** for rolling an 8-ender in Carpet bowling! An 8-ender is a perfect score within one end of a carpet bowling game where all 8 of the team's balls are scoring points (closest to the jack or white ball).

Notice to Members



**Annual General Meeting
Wednesday, March 7, 2012 at 9:30 a.m.
Multi-Purpose Hall**

Only certain programs and areas of Nord-Bridge will be open during the AGM. These include:

- **The Dunford Dining Room**
- **Alberta Seniors and Community Supports Office** (for information on Alberta Seniors Benefits Program)
- **Nord Bridge Fitness 55 Plus Club/Room**
- **And naturally, our commercial tenants' stores**

All other programs will be cancelled, and rooms locked by Board Policy, to encourage members to attend the AGM.

Thousands of Alberta seniors enjoy the benefits of Seniors Plus. You can, too!

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LUNCH WITH CITY REPRESENTATIVES

	Tues. Feb. 7th		Thurs. Feb. 16th		Friday Feb. 10th
Alderman Ryan Parker		Alderman Jeff Coffman		Alderman Bridget Mearns	

Learn more about our City's governance and our representatives in our comfortable and convenient *Dunford Diner*. All Aldermen are encouraged to join us frequently. Confirm your visits by e-mail to friendly@nordbridgeseniors.com.

Programmer's Report by David Ng

It's already February and I have used the sunroof on my car more than my snow shovel! With the winter then spring-like weather on a weekly revolving door cycle it has been difficult to get used to winter driving conditions.

Nord-Bridge has partnered with AMA, LSCO and the "Medically at Risk Driver Centre" to present a learning session about safety, mobility and independence on **Friday, February 10th from 10:30 am - 2:30 pm at the Lethbridge Seniors Citizens Organization (LSCO)**. The cost of this learning session is **\$10 and lunch is included**. The special speaker is **Dr. Bonnie Dobbs** from the "Medically At-Risk Driver Centre". I have attended two of Dr. Dobbs' presentations and they are excellent! There will also be two other speakers. Their topics are **"Safe Driving Tips"** and another geared towards caregivers **"How to bring up the conversations with older adult drivers - Time to Reduce Driving?"** You can purchase tickets here at Nord-Bridge or at LSCO. If you would like more information on this learning session please ask for David at the front desk.

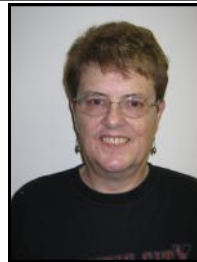
Our next free legal consultation on Friday, February 10th will see a couple of new faces. Nord-Bridge would like to welcome **Mr. Matthew Bullock** and **Mr. Nolan Johnson** from **Huckvale Wilde Harvie MacLennan LLP**. Matthew and Nolan will share the monthly legal consultations here at Nord-Bridge. They are taking over for **Mr. Spencer Ash** (who was recently made a partner at the firm). Congratulations Spencer, and thank you for your time and commitment to our members.

I am looking into finding an instructor for a **ZUMBA** class either in the early evening or late afternoon. If you are interested or would like more information about ZUMBA come see me at the front desk.

David Ng, Seniors Programmer

FROM THE DESK OF VAL

How time is flying by...welcome to February! February is known as "heart month". That means we emphasize healthy habits and eat healthy heart-smart meals. Therefore, February makes me feel very guilty as I have yet to get into the gym since last spring. And heart-smart food? Well, let me just say that it's been a long Holiday Season for me in that regard.



We have been very busy at the front desk with renewals, new members, class registration, special events, Breeze Cards and much, much more. As of January 24th - we have processed 840 new or re-newed memberships. That is fantastic! We welcomed 52 brand new members this past month alone. We hope they all drop in often so we can get to know them better. We like to maintain a Member Photo "Rogue's Gallery" so let us know if we can take your picture.

A little reminder for all our Go Friendly Shuttle riders: Please phone in to arrange your pick up one day before your planned visit. DO NOT TELL THE DRIVER that you want to be picked up. The driver cannot schedule pickups.

A special thank you is due to all of my front desk volunteers. I know your work can be difficult and that things are always changing and the work load unpredictable; but this small department really relies on you. Surely, your hearts are made of gold.

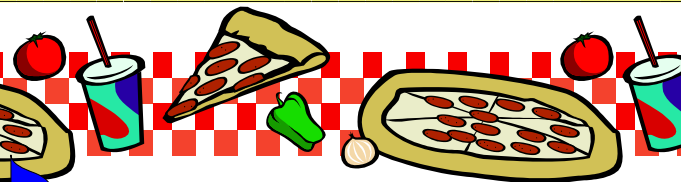


EUCHRE



By Rodney Foster, Convener

Just a few things to remember for February: Home is where the heart is. Don't be a bleeding heart. Have a heart and help out. Remember to have a heart check-up. And last but not least... remember all of your Valentine's. We also would like you to know that playing Euchre is good for your heart. We laugh a lot and we have fun. Join us on Wednesdays at 1 p.m. After cards, stay for coffee or tea and conversation in the Dunford Diner.



Dunford Diner

Friday Lunch Specials

\$5.75

- Feb. 3 Pepper Steak, Rice & Veggies
- Feb. 10 No Special due to Valentine Luncheon, Ticket Required; or Soup & Sandwich in MP Hall
- Feb. 17 Meat Loaf with Mashed Potatoes
- Feb. 24 Chicken Swiss with Rice & Veggies



REMINDER
All You Can Eat
Breakfast Buffet
Wed., Feb. 1st.



**Roses are red, violets are blue
Come here for Bingo and
Bring someone with you!**

That's right...**bring a buddy with you and receive a free Bonanza ticket.** Where might you ask? Right here at Nord-Bridge Centre every Friday with pre-call at 1 p.m. We are located at 1904—13 Ave. N. Phone 403-329-3222 for more info. Members can call and book a seat on our *Go-Friendly Shuttle* for door-to-door service here, then back home around 3:30 p.m.

A special "thank you" is extended to **MLA, Bridget Pastoor** who treated all the Bingo players to **"Timbits"** on January 20th. It was a sweet surprise enjoyed by all!

*The Bingo Crew, Harry, Clay,
Shirley & Frances*

WIN CA\$H AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre.

IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢
3. Draws will be made at 12:15 p.m.
4. After the draw, members may sign-in for the next day's draw.



RECENT WINNERS



Clarence Jockims \$83 Jan. 19
Oscar Ludwig \$17 Jan. 23

MONTHLY 50/50 Toonie Draw

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming. **TO PLAY:**



1. Fill out an envelope for the draw at the draw desk in the Dunford Diner.
2. Drop a Toonie into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!

JANUARY WINNER...

June Terakita \$162.00

Next Draw February 24, 2012

SOUND SYSTEM DRAW

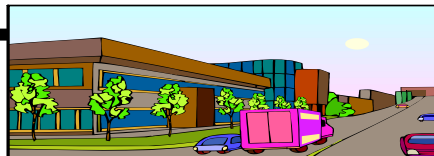
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



50/50 WINNERS

- Jan. 9 B. Puzdnkoff \$45/R. Randa \$45
 Jan. 16 Bob Randa \$35/Anne Hirsche \$35
 Jan. 23 D. Jurgens \$39/Geri, Doreen, Liz \$39

Thanks Jammers, Volunteers and Patrons!
Thanks also to Helen Gepneris & Blaine Hyggen for selling tickets for weekly Jam draws!



NORD-BRIDGE BUILDING FUND

RECENT INDIVIDUAL, GROUP & CORPORATE DONORS

Roberta Svennes \$1,200; A. L. Cowan \$60
Nord-Bridge In-House Bingo Program (2011) \$15,689

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2012 to January 21, 2012: \$ 1,111.00



BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$3,755,526	
From City of Lethbridge	505,120	100%
From Various Provincial Grants	1,371,454	95%
From Various Federal Grants	1,000,000	1%
From Nord-Bridge	908,251	
- by Fundraising	659,330	97%
- by City Loan	248,921	100%

Total Contributions to our

Building Fund 1998 to January 2012 \$664,086

Still needed from members:

- by November 1, 2012 \$ 20,743
for final payment of City loan

COFFEE WITH A CONSTABLE

Lethbridge Police Services **Constable Les Vonkeman** will sit down and chat with you about any concerns you have regarding law enforcement; he will be here the second Wednesday of each month 10:00 to 11:30 a.m. Next visit is **Wednesday, February 8th**.



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February 2012



Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:20 Yoga 9:30 Roll & Stroll 9:30 Carpet Bowling 10:00 Paper Tole 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Knitters/Quilters 3:00 Advantage Hearing 3:00 Fitball 6:30 & 7:45 Tai Chi 7:00 Line Dancing	2 9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 10:00 Greeting Cards 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 3:00 Wii Bowling 7:00 Table Tennis	3 9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib 
6 9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist 1:30 Hand Bells 3:00 Fitball 	7 9:00 Shuffleboard 10:00 Music Makers 10 & 11:00 Clogging 10:00 Keep Fit Aerobics 11:00 Tai Chi-Chi Kung 1:00 Texas Hold'em 1:30 SCRABBLE 1:30 Norwegian Whist 3:00 Arthritis Exercise 7:00 Social Dance	8 8:20 Yoga 9:30 Roll & Stroll 9:30 Carpet Bowling 10:00 Paper Tole 10:00 Coffee w/a Constable 10:45 Winners Bingo 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Knitters/Quilters 3:00 Fitball 6:30 & 7:45 Tai Chi 7:00 Line Dancing	9 9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 10:00 Greeting Cards 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 3:00 Wii Bowling 7:00 Table Tennis	10 9:00 Legal Consultations 9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 11:30 Valentine's Luncheon  1:00 In-House Bingo 1:00 Bridge 1:15 Crib
13 9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 OUTREACH <i>Cupid Party with Tom & Curt</i>  1:30 Military Whist 1:30 Hand Bells 3:00 Fitball	14 9:00 Shuffleboard 10:00 Music Makers 10 & 11:00 Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Tai Chi-Chi Kung 1:00 Texas Hold'em 1:30 SCRABBLE 1:30 Norwegian Whist 3:00 Arthritis Exercise 7:00 Social Dance	15 8:20 Yoga 9:30 Roll & Stroll 9:30 Carpet Bowling 10:00 Paper Tole 10:45 Winners Bingo 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Knitters/Quilters 3:00 Fitball 6:30 & 7:45 Tai Chi 7:00 Line Dancing	16 9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 10:00 Greeting Cards 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 3:00 Wii Bowling 7:00 Table Tennis	17 9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib 

<p>20</p> <p><i>CLOSED TODAY</i> <i>For FAMILY DAY</i></p> 	<p>21</p> <p>9:00 Shuffleboard 10:00 Music Makers 10 & 11:00 Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Tai Chi-Chi Kung 1:00 Texas Hold'em 1:30 SCRABBLE 1:30 Norwegian Whist 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>22</p> <p>8:20 Yoga 9:30 Roll & Stroll 9:30 Carpet Bowling 10:00 Paper Tole 10:45 Winners Bingo 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Knitters/Quilters 3:00 Fitball 6:30 & 7:45 Tai Chi 7:00 Line Dancing</p>	<p>23</p> <p>9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 10:00 Greeting Cards 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 3:00 Wii Bowling 7:00 Table Tennis</p> <p>Scrabble Answer: NEWEL</p>	<p>24</p> <p>9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>27</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist 1:30 Hand Bells 3:00 Fitball</p> 	<p>28</p> <p>9:00 Shuffleboard 10:00 Music Makers 10 & 11:00 Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Tai Chi-Chi Kung 1:00 Texas Hold'em 1:30 SCRABBLE 1:30 Norwegian Whist 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>29</p> <p>8:20 Yoga 9:30 Roll & Stroll 9:30 Carpet Bowling 10:00 Paper Tole 10:45 Winners Bingo 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Knitters/Quilters 3:00 Fitball 6:30 & 7:45 Tai Chi 7:00 Line Dancing</p>		

SCHEDULE OF TRIPS & EVENTS

Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior to book a ride. Cost is \$2.50 each way, or use your Lethbridge Transit "Breeze Card".

- SENIORS HELPING SENIORS - EVERY TUESDAY AND THURSDAY 9:00 A.M.
- FRIENDLY SHOPPERS PROGRAM - FIRST TUESDAY OF EACH MONTH (CALL Val at 403-329-3222 TO ARRANGE)
- ADVANTAGE HEARING, WED, FEB. 1 (by appointment)
- FOOT CLINIC, DR. BOLOKOWSKI, WED., FEB. 8 (by appointment)



- LOCAL TRIP—MOVIE MILL & LUNCH, THURS., FEB. 9
- VALENTINE'S LUNCHEON, FRI. FEB. 10 (ticket required; limited seating)
- LEGAL CONSULTATIONS, FRI., FEB. 10 (by appointment)
- OUTREACH "A Cupid Party" Featuring "Tom & Curt" MON., FEB. 13
- YATES THEATER "Old Folk Favourites"(3), SAT. FEB. 18. (This is an important fund raiser. Please try to attend this very enjoyable, professional show.)
- LOCAL CASINO TRIP, TUES., FEB. 21
- WINNERS BINGO - FEB. 8, 14, 15, 21, 22, 28, 29



WINNERS



A Whole New Experience!

CUSTOMER APPRECIATION
Tuesday Evening
February 21th
BIRTHDAY BASH
Monday Afternoon
February 27th

Thursday is SENIORS DAY!

Half-price Regular & Gold Cards for all players 60+

For more information Call 403-327-7454



At every event you have a chance to win a FREE entry package for our Amazing \$20,000 Payout event on May 26th!

Two blocks west of the Casino on Crowsnest Trail

LIFETIME HIGHS INC.

SLOTS OF FUN ADVENTURES (CASINOS)

- KOOTENAI RIVER INN & CASINO 2012: Feb. 4-7 (Super Bowl); Mar. 18-21; Sept. 4-7; Nov. 25-28.
- RIVER CREE RESORT & CASINO, EDMONTON: April 15-17 & September 16-18, 2012
- 5 DAY CLEARWATER RIVER RESORT/KOOTENAI RIVER INN CASINO TOUR. Call for details.
- DEADWOOD, SOUTH DAKOTA : 7 Day Trip, Oct. 27-Nov. 2, 2012.
- SASKATCHEWAN CASINO CIRCLE TOUR. Spring 2012. Call for details. Out of Calgary casino visits can be arranged for for Lethbridge groups. Give us a call.

DOMESTIC & INTERNATIONAL ADVENTURES

DON'T DELAY—THESE ARE FILLING UP FAST

- ENGLISH GARDEN TOUR & FLOWER SHOW. May 16-26, 2012.
- POLAR BEAR TOUR: One day fly in-fly out tour in Churchill, Nov. 2012
- MARITIMES FALL COLORS TOUR—An amazing tour of Nova Scotia and PEI w/Optional 4-day pre-tour of Newfoundland. Sept. 21-29, 2012
- PEBBLE BEACH GOLF TOUR, CALIFORNIA. 4 day weekend; play at Pebbles premier golf courses. Nov. 23–25 2012.
- TANZANIA & ZANZIBAR: Safari and much, much more Feb. 2013.
- SOUTH PACIFIC CRUISE: Oceania (Marina) April 2013
- THE GALAPAGOS ISLANDS & MANCHU PICHU: Fall, 2014

GIFT CERTIFICATES AVAILABLE

Booking a cruise? Talk to us! Great Prices Guaranteed.

To register or for more information visit our website or contact us at:

LIFETIME HIGHS INC. www.lifetimehighs.com

PHONE: 403-282-5734 FAX: 403-220-0689

lifetimehighs@shaw.ca

Celebrate National Therapeutic Recreation Week
February 5 – 11, 2012

What is Therapeutic Recreation and how does it improve health?

- By using recreation and leisure to improve function and create optimal health and well-being for individuals with an illness or disabling condition.
- By focusing and building on positive abilities and strengths to improve quality of life.
- By empowering individuals to increase independence through the development, maintenance and expression of a healthy leisure lifestyle.

For further information visit the Alberta Therapeutic Recreation Association at www.alberta-tr.org



NORD-BRIDGE SENIORS

FITNESS 55 CLUB

LETHBRIDGE'S NEWEST FITNESS FACILITY

The new "Fitness 55 Club" within the Nord-Bridge Senior Centre is *a Special Pass Program.*

Nord-Bridge membership, plus a special user fee is applicable.

Fees have been approved by the Board as follows:

Annual Pass - \$180

Monthly Pass - \$18

20 Visit Pass - \$25

There is also a \$10 refundable deposit on the electronic access key fob.

Meet with Jim Scott, Certified Personal Trainer
Wednesday mornings, for safe training tips and motivational goal setting advice.

Submitted By.....The Mind Joggers

Written.....By Kala Watmough

This Is The Busy Farm Where We Live

This is the busy farm where we live.

This is the neighbor's dog that visited the busy farm where we live.

This is the now dead cat that was chased up the transformer pole by the neighbor's dog that visited the busy farm where we live.

This is the utility man with the long pole who knocked down the now dead cat that was chased up the transformer pole by the neighbor's dog that visited the busy farm where we live.

This is the hot oven that got turned off until the utility man with a long pole knocked down the now dead cat that was chased up the transformer pole by the neighbour's dog that visited the busy farm where we live.

This is the supper ham that didn't get cooked when the hot oven got turned off until the utility man with a long pole knocked down the now dead cat that was chased up the transformer pole by the neighbour's dog that visited the busy farm where we live.

These are the hungry people who never got fed because the supper ham didn't get cooked when the hot oven got turned off until the utility man with a long pole knocked down the now dead cat that was chased up the transformer pole by the neighbour's dog that visited the busy farm where we live.

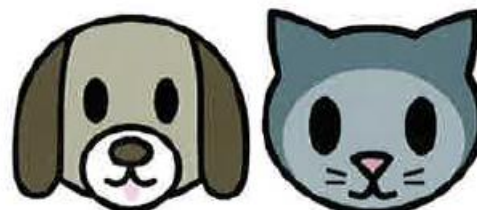
This is the neighbor's wife who took the naughty dog home and said.

"DID MY DEAR DOG DO THAT?"

So I said, trying to be gracious.

"NO PROBLEM, IT'S JUST THAT;

THE HUNGRY PEOPLE NEVER GOT FED BECAUSE THE SUPPER HAM DIDN'T GET COOKED WHEN THE HOT OVEN GOT TURNED OFF UNTIL THE UTILITY MAN WITH A LONG POLE KNOCKED DOWN THE NOW DEAD CAT THAT WAS CHASED UP THE TRANSFORMER POLE BY YOUR DEAR DOG THAT VISITED THE BUSY FARM WHERE WE LIVE!"



OUTREACH REPORT by *Mary Potvin*,

Unfortunately the very frigid weather on January 16th caused our "Mexican Fiesta" attendance to be less than anticipated. However, we did entertain 53 guests and volunteers and oh, what a lively affair it was. We were entertained with upbeat Mexican music and treated to a video about Mexico presented by Blaine Hyggen of Custom Travel Solutions. Following that we took turns batting the piñata until it poured out yummy candies for everyone. After door prizes were awarded (to guests from Alberta Rose Lodge and Coaldale Sunny South) we were served a lovely light lunch by our volunteers.

Join us for our next program "**Cupid Party with Tom & Curt**" on **Monday, February 13th at 1:30**. I encourage you to register early as seating is limited. I hope to see everyone there.

Mary



Get Well Wishes went out to. . .

Ducky Tarnava who had back surgery; Audrey Melvin – who had a hip replacement; Nelson Erman – who had knee surgery; as well as Vi Arkinstall; Tillie Risling; Bernice Thompson; Pauline Rapson; and Jean Geiger all who have been ill. Presently, Tillie Risling, Jean Geiger and Amy Onofrychuk are still in hospital recovering from falls.



Condolences went out to. . .

The Gamracy Family – loss of Peter; Marilyn Saunders – loss of mother, and husband, Mel Wachtler; Berniece Pavan – loss of brother; Janet Hart - loss of husband, Doug; Verda Hamilton and family – loss of husband William; Gordon Matthews and family – loss of wife; and Bud Hodgson – loss of sister.

Please continue to advise our staff if you are aware of anyone who is ill and or hospitalized. We are blessed to have our "Hospital Good Will Ambassador" **Lydia Prokop** who cheerfully visits all of our members who are hospitalized. She brings them a cheerful uplift while, she says they "add to her family". Thanks again Lydia for doing an outstanding volunteer job.

SOCIAL COMMITTEE Eva Deringer, Convener

Welcome to February! Even though January zipped by we did find some quiet reflective time to review our successes of the past year. Now we are looking forward to our first event of 2012, our **Valentine's Luncheon on Friday, February 10th, at 11:30 in the Dunford Diner**. Advance Tickets are required.

In March we will be hosting two fundraising entertainment events; **Moon Dancer March 9th** and **Trevor Paniczak, March 30**. (See ads within this Newsletter).

We are now selling **raffle tickets** for a lift chair and several other super consolation prizes. That draw will take place at our **Annual Miner's Dinner on May 1st**. Thank you for supporting our special events!



Valentine's Luncheon

Friday, Feb. 10th at 11:30 a.m.

\$8.50 per ticket

Live Entertainment

Need transportation? Book our

Go Friendly Shuttle at 403-329-3222

One day ahead of your visit.

Lethbridge HEARING CENTRE

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Hearing Solutions

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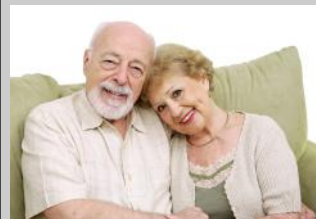


Bridget A. Pastoor, MLA
Lethbridge East



Contact Bridget at:
2816 - 5th Avenue North
Lethbridge, AB T1H 0P1
Phone: 403-320-1011
lethbridge.east@assembly.ab.ca

ALBERTA SENIORS



Our Resource Centre is located within the
 Nord-Bridge Senior Citizens Centre, 1904—13 Avenue North
 Lethbridge, Alberta T1H 4W9
403-381-5469 or 1-877-644-9992 www.seniors.gov.ab.ca

Visit our Resource Centre at your convenience.

SCRABBLE

BY SHEILA BRUST

February...the month of fine wine, flowers,
 chocolate and romance on Valentine's Day. (Look,
 four Bingo words in one sentence!)

For A Change

JEWEL

What letter can replace the "J" in the word above
 to make the word for part of a staircase?

(Find the answer in our calendar.)

Scrabble meets Tuesdays
 at 1:30 p.m. in the Dunford Diner.
 Come and join us.



Remember your "Sweetie"
 on February 14th.

WENDY'S HOME COMFORT



- Home Cooking in YOUR Home
- Light House Cleaning
- Laundry
- Reasonable Price
- Bonded



Call Wendy 403.894.8511

HELPING HANDS NEEDED FOR BOUTIQUE CRAFT SALE MARCH 17th

Volunteers are needed to co-ordinate our "Third Annual Arts & Crafts Sale" slated for Saturday, March 17th. This sale supports and promotes our Centre's "Boutique". We need 2-3 kitchen helpers to provide a lunch snack on sale day and others to plan, shop, organize, etc; and, someone to plan the venue set-up for vendors. If we cannot fill these vacancies by Feb. 17th. We will reluctantly cancel this event. Please see **Heather** in the Boutique any Friday morning, if you can help. **Thank you!**



HEALTHCARE SOLUTIONS FOR BETTER LIVING

The last Thursday of every month is Senior's Day!
 Seniors receive a 20% discount with a Shoppers Optimum Card.

- Wheelchairs & Scooters
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- Porch Lifts & Stair Lifts

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Lethbridge Denture Clinic

Putting that sparkle back in your smile.

Kimberley A Ankermann D.D
 803A 3 Ave South, Lethbridge, AB T1J 0H8
 Phone (403) 381-4142

Go Friendly Shuttle

Need a ride to the Centre? Phone 403-329-3222 AT LEAST one day prior to book a ride and we will pick you up at your door. You must call to confirm EVERY pickup. To cancel a pickup please phone in by 3 p.m. or sooner on the prior day. The cost is \$2.50 per one-way trip (Cash); or use your "Breeze Card".



TRAVEL NEWS



PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$10 for all Nord-Bridge trips.

TUESDAY, FEBRUARY 7, 2012

FRIENDLY SHOPPERS GROCERY TRIP

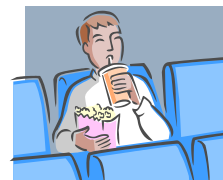


Live alone and need transportation to get your groceries? We have some caring volunteers who will transport you. Contact Val at the Front Desk and a volunteer driver will contact you to arrange a pick-up time. Many Thanks to **OUR VOLUNTEER DRIVERS, Lil Colwill, Lucy Graham, Annette Vogl and Delores Bourk** for your commitment to this initiative.

THURSDAY, February 9, 2012

Local MOVIE MILL Outing

Cost is \$13 (includes bus and lunch)
Pay your own movie admission. Bus will depart Centre at 11 a.m. Payment deadline is Tuesday, February 7, 2012.



TRAVEL NEWS

A busload of 29 happy seniors travelled to Watrous, Saskatchewan, for the weekend of January 27th to 30th, for an enjoyable time dancing to the Country Blend band, dining and relaxing in the mineral spa. This is the first time we booked a weekend trip booked using a Carefree luxury bus. Country Blend will be travelling to the B.C. coast and Niagara Falls, ON, later this year....Put on your dancing shoes and get ready for a good time!



Tuesday, February 21, 2012
LOCAL CASINO OUTING

Cost: \$6.00



Bus departs Centre at 9:30 a.m. for 1st group to arrive at Casino by 10:30 a.m., 2nd group will arrive at Casino by 11:15 a.m. Sign up early for this popular event!



N.B.S.C. / L.S.C.O. FUNDRAISER SHOW



The "Old 'Folk' Favourites"(3) at the Yates will be held on February 17th and 18th. It is a wonderful musical/comedy show featuring such favourites as; Blowin in the Wind, California Dreaming, 59 St. Bridge Song, I Feel the Earth Move, Landslide, You've Got a Friend, For What it's Worth and many more! If you need transportation, sign up for the Saturday Matinee; we'll travel in our *Go Friendly Shuttle*. The cost will be \$40, including transportation and admission to the show. We will go for lunch (NOT INCLUDED) before the show. Payment Deadline is Tuesday, February 14th.

Folk
"Old Favourites" (3)
A Music and Comedy Revue

ATTENTION ALL LETHBRIDGE TRANSIT BUS RIDERS:



We hope you have your new Breeze card! Effective February 1, 2012, there will be a \$5.00 service charge to activate a new card.

It's a Breeze!

OTHER TRIPS AND TOURS

COLLETTE TOURS is hosting a trip to the Netherlands, Belgium and Paris. This is an 11-Day adventure from April 30 to May 10, 2012, includes 9 breakfasts and 4 dinners. For more information call Marlin Travel @ 403-320-0119. Cost is \$4,009 based on double occupancy.

Please tell them you are a Nord-Bridge member when booking this trip.

Triple D Tours

1. **Saskatchewan Casino Getaway**; May 13th to 18th, 2012
\$499.00 Per Person Double Occupancy
2. **Deadwood South Dakota**; September 2nd to 8th, 2012
\$515.00 Per Person Double Occupancy
3. **Spokane Spring Shopping Getaway**; April 13th to 15th, 2012
\$259.00 Per Person Double Occupancy
4. **Spokane Fall Shopping Getaway** (4 days); October 19th to 22nd, 2012 \$349.00 Per Person Double Occupancy
5. **Treasures of China Trip**; April 8th to 26th, 2013
\$4599.00 Per Person Double Occupancy. Question and Answer Meeting for the China Trip March 14, 2012 **RSVP by March 5, 2012. Call Donna @ 403-394-0349**

PLEASE REMEMBER THAT NORD-BRIDGE GETS A COMMISSION ON EACH TRIP BOOKED HERE AT NORD-BRIDGE CENTRE.
Contact **Triple D Tours** at 403-394-0349 or E-mail: tripleddtours@hotmail.com for additional information

The Medicine Shoppe
PHARMACY

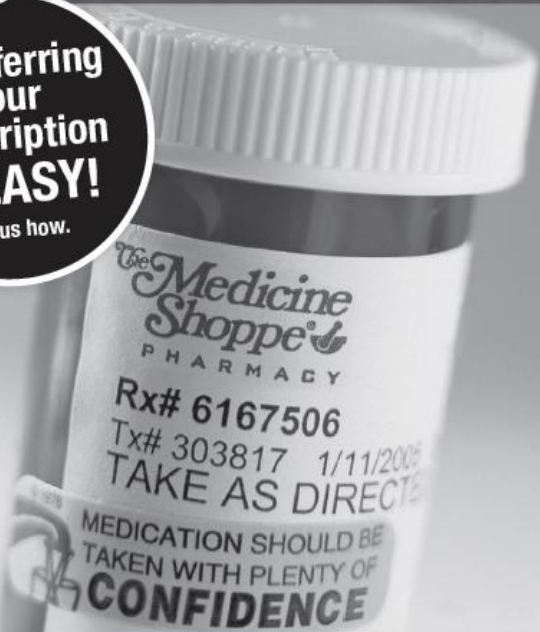
403-381-0700

Monday - Friday: 9:00 a.m. - 5:30 p.m.
Saturday: 9:00 a.m. - 1:00 p.m.

Get your daily dose of good health advice.

Transferring your prescription IS EASY!

Ask us how.



As your Medicine Shoppe Pharmacist, I do more than just fill your prescriptions. That's because I want to be more than just your pharmacist. I want to be your partner in good health. I make it my job to provide you with information on the lifestyle modifications and medication treatment options that you need to optimize your health and care for your family with confidence.



- ✓ Do you occasionally miss a dose?
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- ✓ Are you getting the most from your medications?

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Chad Baker, B.Sc.Pharm
Pharmacist/Owner

Nord-Bridge Senior's Centre
#2, 1904 - 13 Avenue North
Lethbridge, Alberta

403-381-0700

Monday - Friday:
9:00 a.m. - 5:30 p.m.

Saturday: 9:00 a.m. - 1:00 p.m.



NORD-BRIDGE
2012 AGM & BOARD ELECTION
Wednesday, March 7, 2012, 9:30 a.m.
Nominations Notice for Board & Executive Positions

At the Association's upcoming Annual General Meeting, scheduled for **March 7, 2012, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually.

In addition, at least 3 Board members will be elected at this year's AGM. (More could be elected should any of the current Directors with remaining term of office choose to not complete their full term.)

By-laws relating to Nord-Bridge's annual elections state:
Executive Nominees - Excepting for the Past President, all Executive Officer positions are elected annually, for a 1 year term. To qualify for Executive positions, members must have served on the most recent Board, and have been a Director for a period of at least one year. (see *By-Law Items 7.2 and 7.2.3* in the Library.)
Board Nominees - must be members in "good standing". No length of membership is specified. (per *By-Law Item 7.1.4*).

To read more about our elections, see the By-Laws available within the Library or at the Front Desk.

If you are interested in serving on the Board or Executive, please complete a "Nomination Form" available at the Front Desk. **Nominations close Monday, February 13, 2012 at 4:30 pm.** Questions can be directed to Nominations Chair Dan Deringer.



Free Initial Legal Consultation
Wills...Estate Planning...
and other matters as you may require.
Nord-Bridge offers this service through

Huckvale Wilde Harvie MacLennan.

The next free consultation date at Nord-Bridge is

Friday, February 10th, 2012

between the hours of 9:00 a.m. & 11:30 a.m.

Contact the Front Desk to schedule an appointment. **Phone: (403)329-3222**

Greg Weadick, MLA

LETHBRIDGE WEST &
Minister of Advanced Education
and Technology



Contact Greg at (403)329-4644
or via e-mail at:
lethbridge.west@assembly.ab.ca
or drop by 402 - 8 Street South
Lethbridge, AB T1J 2J7

GETTING SOUND FINANCIAL ADVICE FEELS GOOD.

Open a new investment* between **January 18 - March 4** and you'll be entered to win a **\$1000 GIC**.

Speak to a Servus Financial Advisor. **Let's Talk.**

This special offer is available at all 3 Lethbridge branch locations.

Scenic Drive branch **Uplands branch**
 480 Scenic Drive S 2829 - 26 Avenue N

West Lethbridge branch
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servus.ca | 187SERVUSCU



* Minimum \$5,000 investment required. Complete contest Rules and Regulations available upon request.

Nord-Bridge & Lethbridge Senior Citizens Organization

Present Our Joint Fundraiser

Folk "Old Favourites" (3)

A Music and Comedy Revue

Starring



Jeff Carlson



Jordana Kohn*



Andre Roger



Criss Hunt



Scott Carpenter



Trizine Bedster



Kelly Roberts

*Appears courtesy of Canadian Actors Equity Association

Yates Theatre

Three Performances Only

Friday, February 17, 2012 ~ Evening 8:00 p.m.
 Saturday, February 18, 2012 ~ Matinee 2:00 p.m.
 Saturday, February 18, 2012 ~ Evening 8:00 p.m.
 Evening Performances \$37.50 • Matinee Performance \$32.50
 Price Includes \$2.50 Ticket Centre Fees

Tickets available at the Ticket Centre or call 403-329-SEAT (7328)
 Proceeds to go to Nord-Bridge Seniors & Lethbridge Senior Citizens Organization

Coast Hotels & Resorts

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 Coast Hotels & Resorts is now a proud partner of Amaplet!

Printing courtesy of 1st Choice Credit Union



NORD-BRIDGE SENIORS CENTRE



IN-HOUSE BINGO Friday Afternoon

- Bonanza Pre-call 1:00 pm
- Games Start 1:30 pm
- Regular Book - \$5.00
- 3 Extra Games - \$1.00 each

Pay Outs & the number of regular players continue to grow !

Transportation is available for members; \$2.50 each way. Phone Front Desk at least one day ahead at 329-3222 to confirm.



NORD-BRIDGE CENTRE

Presents....



Moon Dancer Concert
 Introducing Songs From Their New CD
 March 9, 2012
 Nord-Bridge Centre
 1904 - 13 Avenue North At 7:00 p.m.
 Tickets \$12.50 Advance / \$15.00 At The Door



Moon Dancer

offers a variety of rock, pop, & jazz music of the 50's, 60's and 70's.

Join us for a great evening of musical entertainment featuring the best tunes of our times.

DANCING IS ALLOWED!

Proceeds will be allocated to the Nord-Bridge "Go-Forward Shuttle To 2" Fund.